

# Class Descriptions

**\*Fall Prevention I /Core:** This class is a beginner to intermediate level class. Using the balance bar and chair for support, we will use core function and proper form to challenge our balance and stability to help prevent falls and injuries and to help keep us moving!

**\*\*Fall Prevention II (Balance & Stability):** This class will build off basic core and stabilizing functionality exercises and keep your body and mind prepared for the unexpected so that your reaction time and balance/posture are at their sharpest!

**Chair Stretch:** Soothing music and deep stretching will leave you feeling amazing. Learn to breathe right, relax your mind, and loosen up the tension in the body.

**Core Conscious.:** This class focuses on building a strong core which helps to promote stability and balance in your body & less susceptibility to falls and other injuries.

**Mindful Meditation:** This is a slow paced class focused on resting the mind, body, and spirit. Learn various meditative techniques that can be applied in everyday life.

**\*Party Exercise:** Medium paced class to increase your energy, stamina, and strength while burning calories in the chair.

**\*Sit and Be Fit:** This is a chair based low-impact class designed for those residents who need a little extra attention and assistance. This class will help regain strength and assist with range of motion using light weights, tension bands and a ball.

**\*\*Strength & Stretch:** Using balls, bands and weights to strengthen and tone and stretching to keep muscles and joints flexible to keep your body strong.

**\*\*Outdoor Walk:** Meet in the gym and we will go for an outdoor walk to enjoy the nice weather and get some fresh air.

**Small Group Training “Bootcamp”:** Stop by the gym to work out with Andie and other residents in a group session and learn how to use the equipment in the gym and create your own program to effectively maximize your results..



Dr. Clara Roman is board certified in Family Medicine and Geriatric Medicine. She graduated from St. Matthews Medical School and then started her residency with Advent Health in Family

Medicine. She started her private practice 10 years ago focusing on Geriatric Care. Her area of practice includes patient care for those individuals in the long-term care setting, i.e. nursing homes, assisted living communities and independent living communities. Her passion is to provide excellent medical care in the comfort of the patient’s own home.

**Dr. Roman is available every Thursday by appointment only. Contact Su Prasad in Resident Services to become a patient or schedule an appointment.**

## Massage Therapy



Enjoy a massage created especially for you. Whether you are seeking relaxation, improved circulation, or pain relief, massage is a perfect way to improve your overall health. Our massage therapist will design a massage to meet your individual needs.

Massage therapist Diane Dahlquist specializes in therapeutic massage, joint therapy and range of motion. To schedule your personalized session, please contact the wellness department.

**Hours:** Wednesday 9:00AM—2:00PM  
**Pricing:** 30 Minute Massage \$30  
50 Minute Massage \$50

## OAKMONTE WELLNESS

### MARCH 2024





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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Fitness Center Performing Arts Center Bistro Doctor's Office Outing Walking Trail Patio Card Room Pool Towers Office Theater	<b>*Beginner</b> <b>**Advanced</b>				1 9:30 Mindful Meditation 10:45 Party Exercise 11:15 **Strength and Stretch 2:00 Sit and Be Fit	2
3	4 9:30 Mindful Meditation 10:15 Core Conscious 10:45 Party Exercise 11:15 **Strength and Stretch 2:00 *Sit and Be Fit	5 9-9:30 B.P. Clinic 9:30 Morning Stretch 1:00 **Fall Prevention II 1:30 *Fall Prevention I/ Core	6 Massage Therapy 9:30 Mindful Meditation 10:45 Party Exercise 11:15**Strength and Stretch	7 Dr. Roman 9:30 Morning Stretch 10:30 **Outdoor Walk 11:15 Small Group Training 1:00 **Fall Prevention II 1:30 *Fall Prevention I/Core	8 10:45 Party Exercise	9
10	11 10:45 Party Exercise	12 9-9:30 B.P.Clinic /DrSuggs 9:30 Morning Stretch 1:00 **Fall Prevention II 1:30 *Fall Prevention I/ Core	13 Massage Therapy 9:30 Mindful Meditation 10:15 Core Conscious 10:45 Party Exercise 11:15 **Strength and Stretch 2:00 Sit and Be Fit	14 Dr. Roman 9:30 Morning Stretch 11:15 Small Group Training 1:00 **Fall Prevention II 1:30 *Fall Prevention I/Core	15 Onsite Dermatology 10:45 Party Exercise	16
17	18 Onsite Dermatology 9:30 Mindful Meditation 10:15 Core Conscious 10:45 Party Exercise 11:15 **Strength and Stretch 2:00 *Sit and Be Fit	19 9:00-9:30 B.P. Clinic 1:00 **Fall Prevention II 1:30 *Fall Prevention I/Core	20 Massage Therapy 9:30 Mindful Meditation 10:15 Core Conscious 10:45 Party Exercise 11:15 **Strength and Stretch 2:00 RESIDENT COUNCIL	21 Dr. Roman 9:30 Morning Stretch 12pm-2pm Lunch & Learn with K2 Medical	22 9:30 Mindful Meditation 10:15 Core Conscious 10:45 Party Exercise	23
24	25 9:30 Mindful Meditation 10:15 Core Conscious 10:45 Party Exercise 11:15 **Strength & Stretch	26 9:00-9:30 B.P. Clinic	27 Massage Therapy 10:45 Party Exercise 2:00 *Sit and Be Fit	28 Dr. Roman	29 10:45 Party Exercise	30
31	Please keep an eye on the Community Channel For Any Class Updates!		Massage Therapy is available every Wednesday by appointment only between 9am-4pm. Contact Andrea Via email to schedule <a href="mailto:acastelli@oakmontevillage.com">acastelli@oakmontevillage.com</a>	Dr. Roman is available every Thursday by appointment only. Contact Su to Schedule 407-732-5815	Dr. Suggs is available by appointment only. Contact Su to Schedule 407-732-5815	Blood Pressure Clinic offers free Blood Pressure checks every Tuesday in the Towers Office. Appointment not needed.